



Girls Lacrosse Camp



Camp Directors

Danielle Prietz-Head Varsity Coach
Christian Martorana-Head JV Coach
Sara Mayes-Former Player
Former Paint Branch Players

When

July 26-30

Time

9:00 – 3:00

Where

Banneker Middle School
14800 Perrywood Drive
Burtonsville, Md. 20866

Why

This camp is being offered to players to help them take their game to the next level. Focusing on the fundamentals, and making sure that players are doing the little things right, while having fun is key.

Camp Specifics

- *We will provide balls, and a camp T-Shirt.
- *Campers should bring their own goggles, mouth guard, stick, cleats, and Lunch.
- * Water will be provided.
- *Each Camper will receive daily instruction on individual fundamentals, game skills, knowledge, strength and conditioning, and life skills.

Sample Daily Schedule

9:00 Roll Call & Warm-up
9:30 Fast paced stick skill drills
10:15 Small Sided games
11:15 Competitions
11:30 Lunch
12:30 Warm-up & Stretch
12:45 Team Oriented Teaching
1:30 Team Scrimmaging
2:40 Cool Down & Stretch
3:00 Pick up



Panther Summer Camps 2010



Dates	Sport	Location	Coach	Times	Cost	Ages	Cost
June 21-25	Football	Banneker	Nesmith	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Basketball	Paint Branch	Coleman	9AM-3PM	\$170	8-14yrs.	
June 28-July 2	Coed Soccer	Banneker	Brooks	9AM-3PM	\$170	8-17yrs.	
July 6-9	Coed Basketball	Paint Branch	Hardy/Podosek	9AM-3PM	\$135	8-14yrs.	
July 12-16	Baseball	Banneker	Rey	9AM-3PM	\$170	8-14yrs.	____ Week 1
July 19-23							____ Week 2
July 12-16	Softball	Banneker	Wiles	9AM-3PM	\$170	8-14yrs.	____ Week 1
July 19-23							____ Week 2
July 26-30	Girls Lacrosse	Banneker	Prietz	9AM-3PM	\$170	8-14yrs.	
Aug 2-6	Speed & Conditioning	Paint Branch	Brooks	8AM-12AM	\$115	10-17yrs.	
TOTAL AMOUNT OF CHECK						\$	

Camper Information

Name: _____ DOB: _____ Age: _____ Gender: _____

Guardian Information

Name (s): _____

Home: _____ Cell: _____ Work: _____

Email: _____

THE FOLLOWING MUST BE COMPLETED BY A PARENT OR GUARDIAN:

I have had my child examined and certify that _____ is in good health and give my permission to participate in the activities during Panther Camps. I authorize Panther Camps and their coaching staff to seek medical attention if they feel it is necessary. I also release Panther Camps and their staff (coaches, trainers and managers) from any and all claims of injury sustained during the camp.

(Parent/Guardian Signature)

(Date)

Does your son/daughter have medical insurance? _____

Does your son/daughter have any medical limitations? _____

Payment options:

- **Make Checks Payable to:**
Panther Camps: P.O. Box 421 Burtonsville, Md. 20866
- **Register Online:** Log on to www.PantherCamps.com to pay by credit card.

Cancellation Policy- A \$25 administrative fee will be charged for any cancellations.

Questions?? Contact Camp Director Tommy Rey at (301) 317-6064 or email at PantherCamps@gmail.com